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ABSTRACT

This cooperative extension facilitator's guide details workshops designed to help parents, especially single parents, establish positive relations with their adolescent children by providing a nurturing environment that will allow adolescents to explore their feelings about the people in their lives and the environments in which they function. The workshop sessions explore issues such as sexuality, work, substance abuse, values, communication, and the renegotiation of roles inside and outside the family. The guide contains 4 workshop sessions, each with 4 or 5 activities, and planned to last approximately 2.5 hours. Activities include small group discussions, mini-lectures, role playing, brainstorming, and other interactive techniques. At the beginning of each session, the goals or objects are outlined, the materials needed are listed, and the agenda for conducting the activities is printed. Steps to prepare for the workshop are also described. Steps for conducting activities are outlined, including suggestions for starting discussions. The guide's appendices include a profile of key points of adolescent growth and development, a discussion of basic training techniques, and a description of the developmental processes of adults in mid-life. (Author)

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